



Red Pesto Chicken Melts

with Potato Wedges & Garden Salad

Grab your Meal Kit with this symbol



Potato



Garlic



Red Pesto



Chicken Breast



Grated Parmesan Cheese



Tomato



Carrot



Mixed Salad Leaves



Balsamic & Olive Oil Dressing

Hands-on: 25 mins
Ready in: 35 mins

Eat me early

Our red pesto is a pocket rocket, jam-packed with flavour thanks to sun-dried tomatoes, basil and chargrilled capsicum. Spread it over chicken breast and sprinkle with cheese to make these irresistible chicken melts, and add some potato wedges and salad to create a meal that's got 'delicious' written all over it!

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Two oven trays lined with baking paper

Ingredients

	4 People
olive oil*	refer to method
potato	4
salt*	½ tsp
garlic	2 cloves
red pesto	1 packet (100g)
chicken breast	1 packet
grated Parmesan cheese	2 packets (60g)
tomato	2
carrot	1
mixed salad leaves	1 bag (120g)
balsamic & olive oil dressing	2 packets (50g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2720kJ (651Cal)	470kJ (112Cal)
Protein (g)	47.0g	8.1g
Fat, total (g)	33.7g	5.8g
- saturated (g)	7.2g	1.2g
Carbohydrate (g)	36.1g	6.2g
- sugars (g)	5.6g	1.0g
Sodium (g)	526mg	91mg

Allergens

Please visit [HelloFresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. Bake the wedges

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** (unpeeled) into 3cm wedges. Place the wedges on an oven tray lined with baking paper, **drizzle** with **olive oil** and season with the **salt** and **pepper**. Toss to coat, then bake on the top oven rack until tender, **30 minutes**.

TIP: Cut the potato to the correct size so it cooks in the allocated time!



2. Get prepped

While the wedges are baking, finely chop the **garlic** (or use a garlic press). In a small bowl, combine the **garlic** and **red pesto**. Set aside.



3. Prep the chicken

Place the **chicken breast** between two sheets of baking paper and pound the **chicken** with a meat mallet or rolling pin until it is an even thickness, about 2cm thick. Transfer the **chicken** to a second oven tray lined with baking paper. Season with **salt** and **pepper**, **drizzle** with **olive oil** and toss to coat. Spread the **garlic-pesto mixture** over the **chicken** and sprinkle over the **grated Parmesan cheese**.



4. Bake the chicken

Bake the chicken on the bottom oven rack until cooked through, **8-12 minutes**.

TIP: The chicken is cooked when it is no longer pink inside.



5. Make the salad

While the chicken is cooking, roughly chop the **tomato**. Grate the **carrot** (unpeeled). In a large bowl, add the **tomato**, **carrot** and **mixed salad leaves**. Just before serving, add the **balsamic & olive oil dressing** and toss to coat.

TIP: Toss the salad just before serving to keep the leaves crisp.



6. Serve up

Divide the red pesto chicken melts between plates and spoon over any excess juices from the tray. Serve with the potato wedges and garden salad.

Enjoy!